

Daily schedule

Time	Preschooler	Toddler	mommy
5.00-6.00	Still sleep	Still sleep	Quiet (pray time- make breakfast
6.00-7.00	Sleep/wake up—sensory play	Still sleep	Accompany preschool
7.00-8.00	Bath time, breakfast	Wake up,bath time, breakfast	Breakfast and coffe time
8.00-9.00	Outdoor play	Outdoor play	Accompany+ clean up
9.00- 10.30	Lesson/craft/ preschool's curriculum	Naptime	Nursing, lesson with preschooler
10.30- 11.30	Read aloud (with snack& milk time)	Read aloud (with snack and breastfeeding)	Read aloud with children
11.30- 12.30	Free play	Free play	Daily chores
12.30-13.00	Lunch time	Lunch time	Lunch
13.00-14.30/15.00	Nap time +milk	Nap time+breastfeeding	Me time(pry,nap, blog, bussiness, etc)
15.00-16.00	Wake up, screen time, take a bath	Wake up, screen time, take a bath	Pray, screen time, clean the kids
16.00-16.45	Walk/park/cycling	Walk/park/cycling	Play with kids
16.45-17.15	Eat dinner, clean up	Eat dinner, clean up	Clean up
17.15-18.00	Read aloud/singing/play music	Read aloud/singing/play music	Become a pianist, backing vocal☺
18.00-18.30	Pray time with mom	Pray (and play)	Pray time
18.30-19.00	Screen time	Screen time	Eat dinner (with/out husband),
19.00- 20.00	Play (indoor,light table,etc)	Play and snuggles	Play
20.00-21.00	Clean up, drink milk, story time	Clean up, breadfeed, story and bed time	Story and prayers
21.00	bed time	sleep	Husband/ me time until 00.00

